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## Charges laid in hit-and-run rampage

**CRIME** A wild New Year's Eve rampage has landed a Calgary man with 19 charges in relation to a stolen car, four alleged hit and runs, and assault, according to police.

Police say the incident began around 3:30 p.m. last Thursday when a 1997 Chevrolet truck was stolen from the northwest. During the course of four collisions the suspect allegedly assaulted witnesses who were trying to help him by swinging a tire iron and pepper spraying them.

Police confirmed they Tasered and arrested the suspect when he allegedly pointed a drill-like a gun towards an officer.

The victims suffered minor injuries and were treated at the scene.

Kyle Keenan, 27, has been charged.

METRO CALGARY

**News on the Move**  
 What's this barcode for?  
 Learn how to scan the barcode with the instructions at the top of pg 3

**Vancouver Games**  
 Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver.  
 • Today — A look at five medal hopefuls, page 10.  
 On the web  
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Wildrose Alliance Leader Danielle Smith, left, is joined at a news conference in Calgary yesterday by former Alberta Conservative MLAs Rob Anderson and Heather Forsyth after the two announced their defections to the Wildrose Alliance from the Tories.

# Tories jump ship

## Two Calgary-area MLAs join rival Wildrose Alliance

**Historic cracks have appeared in Alberta's Tory political dynasty.**

For the first time in the party's 38 consecutive years in power, two Progressive Conservatives have willingly crossed the floor — to join the upstart Wildrose Alliance led by Danielle Smith.

The two are former cabinet minister Heather Forsyth from Calgary and backbencher Rob Anderson, who represents the Airdrie-Chestermere constituency north and east of the city.

The move is a boon for the fledgling right-wing Wildrose, which had only

one seat in the legislature, but has been polling ahead of Premier Ed Stelmach and his massive Tory majority in recent weeks.

Forsyth, former solicitor general and minister of services, has been at odds with the premier since he dumped her from cabinet after the last provincial election in 2008. The five-term member of the legislature had been critical of Stelmach's leadership during the campaign.

"Under Premier Stel-

mach this government has lost its way ... and I simply could not stand by and be silent any longer," she said.

Forsyth said Stelmach managed to "destroy the economic engine" of Alberta with his "flawed" review of royalties the province charges oil and gas companies.

Anderson was only elected in 2008, but was a member of the provincial Treasury Board and considered an up-and-comer by many in the Conservative party.

He said he was tired of not having his views heard.

"There are very few free votes in caucus," he said. "Virtually all legislation is created and developed by various unelected government appointees with direction from the premier and a small cadre of ministers whose distinguishing attribute is unconditional allegiance to their leader."

Stelmach was on vacation and not available for comment, but his spokesman, Tom Olsen, downplayed the defections. He noted the government still has 68 legislature members.

THE CANADIAN PRESS

## Residents express support for defections

**KRISTA SYLVESTER**  
[krista.sylvester@metronews.ca](mailto:krista.sylvester@metronews.ca)

**POLITICS** As news flowed yesterday to the constituents of two Calgary-area Conservative MLAs who crossed the floor to join the Wildrose Alliance, most expressed support for the decisions.

Residents in the former Tory riding of Calgary-Fish Creek said they were surprised by MLA Heather Forsyth's decision but would continue to support her as long as she stuck with her morals.

"My own personal opinion is if she stays true to her constituents and what they want, then I'm all for it. Good for her," longtime Lake Bonavista resident David Ingoo said.

"You see this happen sometimes, more so in federal politics, but I'm starting to lean towards the Wildrose Alliance anyways."

Mount Royal University political science expert Duane Bratt said he isn't surprised to see the support for Forsyth and Airdrie-Chestermere MLA Rob Anderson.

"I think this shows that the constituents' loyalty is more to the leaders than the party, so in a way they aren't leaving the party, the party left them," he said.

Bratt acknowledged there were some people upset in Anderson's riding about the defection, but said Forsyth was well-supported in hers.

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| STOCK NUMBER      | MAKE      | MODEL    | CLEARANCE           | SAVINGS OFF MSRP    |
|-------------------|-----------|----------|---------------------|---------------------|
| 3 TO CHOOSE FROM  | CHEVROLET | COBALT   | \$12,701 - \$12,947 | SAVE UP TO \$4,048  |
| 4 TO CHOOSE FROM  | CHEVROLET | COBALT   | \$13,957 - \$14,384 | SAVE UP TO \$4,218  |
| 8 TO CHOOSE FROM  | CHEVROLET | COBALT   | \$16,084 - \$16,920 | SAVE UP TO \$5,460  |
| 9 TO CHOOSE FROM  | CHEVROLET | COBALT   | \$17,064 - \$18,525 | SAVE UP TO \$7,035  |
| 5 TO CHOOSE FROM  | CHEVROLET | HHR      | \$18,165 - \$24,349 | SAVE UP TO \$6,701  |
| STK# C91143       | CHEVROLET | AVEO     | \$11,973            | SAVE \$3,122        |
| 6 TO CHOOSE FROM  | CHEVROLET | AVEO     | \$14,705 - \$15,910 | SAVE UP TO \$5,991  |
| 4 TO CHOOSE FROM  | CHEVROLET | MALIBU   | \$22,043 - \$22,885 | SAVE UP TO \$5,281  |
| 5 TO CHOOSE FROM  | CHEVROLET | MALIBU   | \$24,333 - \$26,320 | SAVE UP TO \$5,840  |
| 5 TO CHOOSE FROM  | PONTIAC   | G5       | \$11,982 - \$14,530 | SAVE UP TO \$5,246  |
| 6 TO CHOOSE FROM  | PONTIAC   | G5       | \$15,725 - \$17,000 | SAVE UP TO \$7,930  |
| 10 TO CHOOSE FROM | PONTIAC   | G5       | \$17,049 - \$19,013 | SAVE UP TO \$7,992  |
| STK# P90880       | PONTIAC   | SOLSTICE | \$24,983            | SAVE \$8,042        |
| STK# P90894       | PONTIAC   | SOLSTICE | \$33,034            | SAVE \$8,676        |
| 7 TO CHOOSE FROM  | PONTIAC   | VIBE     | \$19,767 - \$24,229 | SAVE UP TO \$4,889  |
| 2 TO CHOOSE FROM  | PONTIAC   | WAVE     | \$12,206 - \$13,719 | SAVE UP TO \$4,801  |
| 5 TO CHOOSE FROM  | PONTIAC   | WAVE     | \$17,817 - \$18,898 | SAVE UP TO \$6,198  |
| 3 TO CHOOSE FROM  | PONTIAC   | G6       | \$20,838 - \$24,613 | SAVE UP TO \$9,177  |
| 4 TO CHOOSE FROM  | CADILLAC  | ESCALADE | \$77,485 - \$82,305 | SAVE UP TO \$17,435 |
| STK# C90975       | CHEVROLET | 1500     | \$33,187            | SAVE \$10,028       |
| 5 TO CHOOSE FROM  | CHEVROLET | 2500     | \$37,700 - \$39,555 | SAVE UP TO \$13,620 |
| 14 TO CHOOSE FROM | CHEVROLET | 2500     | \$45,194 - \$59,580 | SAVE UP TO \$14,016 |
| 2 TO CHOOSE FROM  | CHEVROLET | 2500     | \$52,911 - \$54,432 | SAVE UP TO \$14,058 |
| 2 TO CHOOSE FROM  | CHEVROLET | 3500     | \$36,287 - \$37,080 | SAVE UP TO \$13,355 |
| STK# P90967       | GMC       | YUKON    | \$58,235            | SAVE \$16,080       |
| 5 TO CHOOSE FROM  | GMC       | 2500     | \$35,097 - \$39,768 | SAVE UP TO \$14,412 |
| 6 TO CHOOSE FROM  | GMC       | 2500     | \$43,204 - \$51,264 | SAVE UP TO \$16,451 |

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# Local



## Did restaurant over-serve Oilers?

A Calgary restaurant is under investigation by the Alberta Gaming and Liquor Commission to determine if it over-served alcohol to the Edmonton Oilers on New Year's Eve. The AGLC confirmed to media they are investigating the allegations against Osteria de Medici but the findings could take months. The two parties were involved in a dispute over a bill last week. **METRO CALGARY**



## Third wave of H1N1 coming: AHS officer

**KRISTA SYLVESTER**  
krista.sylvester@metronews.ca

As H1N1 vaccination clinics resumed yesterday, Alberta Health Services' deputy medical officer of health said she expects more people to be infected in the coming weeks.

Dr. Judy MacDonald said there hasn't been a lot of transmission lately but she encourages Calgarians to get their vaccinations before a third wave hits.

"I think it's been fairly quiet, but just a reminder, people are together for holidays and have travelled extensively and what has been in other parts of the world ... can be brought back again here," she said.

"So it's still very early in the influenza season and I anticipate we are going to see more activity for sure."

The three remaining clinics in the city remained steady and many people were bringing their kids in before school starts again this week, including Gord Dunville, who brought his five kids to the Avenida clinic yesterday afternoon.

"My daughter was heading off to Mexico, and so I thought we would all come as a family for support and get the shots together," he said.

**metronews.ca**  
What's online today.

**Video** Roughriders general manager Eric Tillman pleads guilty to sexually assaulting a teenage girl

**Blogs** Kenya Hunt on Fantastic Mr. Fox director Wes Anderson's fantastic sense of fashion

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# Assessed values drop 13%

Dive in home values means lighter property taxes for many

**DARREN KRAUSE**  
darren.krause@metronews.ca

**Home values in the city dropped overall by 13 per cent, according to city assessors, but it could lead to lower property taxes for many Calgary homeowners.**

The city's assessment department rolled out the 2010 property and business tax assessments showing that tax bills for 92 per cent of Calgarians will change by between plus or minus 10 per cent. Assessments were mailed out yesterday to 439,000 homes.

The average market value for 2010, as of July 1, 2009, for a Calgary single-family home was \$374,000 — down from \$427,500 the prior year — resulting in a revenue-neutral tax bill of \$2,114. Condo values dropped to \$233,000 from \$278,000 in 2009.

What this means for homeowners, based on the city's revenue neutral system, is that if your home's assessed value dropped by more than 13 per cent, you will pay less property tax. If your home value dropped by less than 13 per cent, you will pay



Both condominiums and single-family homes dropped an average of 13 per cent, based on the city's market assessment on July 1, 2009 — leaving the majority of Calgarians with a decrease in their property tax bill.

more.

According to the assessment unit, 70 per cent of Calgarians will see a decrease in this year's tax bill, though it doesn't account for the expected 4.79 per cent council-imposed tax hike.

But homeowners in the city's southeast are most likely to see an increase — with those homes in communities east of the Bow

River along Deerfoot Trail and south of 144 Avenue SE facing a tax jump of up to 10 per cent.

"Preparing assessments on an annual basis ensures property and business owners' assessments maintain currency with changing market conditions and experience more stability in year-to-year property and business tax levels," explained Stuart

Dalglish, Calgary's city assessor.

The city has included more resources at [calgary.ca/assessment](http://calgary.ca/assessment) so homeowners can research the information used to conduct their market value assessments.

The customer review period also began yesterday, and will last until March 5, increased to 60 days from the previous 30.

## Police investigating charred body found in burnt car

**KRISTA SYLVESTER**  
krista.sylvester@metronews.ca

Charred human remains were discovered in a burnt car just east of the city limits yesterday morning.

A resident alerted RCMP after discovering a burning car along Range Road 285, just north of Glenmore Trail and 100 Street SE, around 5:16 a.m.

After firefighters extinguished the flames, a de-

ceased individual was found inside the car, according to RCMP Staff Sgt. Patrick Webb.

"All (unexplained sudden deaths are treated) as suspicious. It could be accidental, it could be suicide, it could be homicide; right now it's way too early to say," he said.

Investigators searched the location of the vehicle for evidence but Webb said the car and the individual inside will likely be moved



A body was found in a burned out car on the eastern outskirts of Calgary.

to be further examined. Webb acknowledged the vehicle was found in an

area known to have bodies dumped, but said it's "too early to speculate" if that's what happened in this case: "When there is a fire like this, there is evidence obviously destroyed in the fire. At the same time it gives us more evidence, like if accelerator was used and that type of thing."

Webb said investigators likely won't know the gender or identity of the individual until an autopsy is completed.

## News in brief

**BUST** Police stumbled into a marijuana grow operation while responding to a medical distress alarm from a business in the 1400 block of 44th Avenue NE. Police believed there was a medical emergency but found 500 marijuana plants instead, they said. A man found at the business is

being questioned by police. **SUSPICIOUS DEATH** Officials are looking for a man who may hold key information about the death of 33-year-old Renee Wood. Wood was found dead in the Traveler's Inn at 4611 16th Ave. NW at 1:30 p.m. New Year's Eve and the man hasn't been seen since.

Police are waiting for a post mortem exam to determine how she died and are treating the death as suspicious. **ART** The Public Art Program, partnered with the EPCOR CENTRE, Media Arts Program and TRUCK Contemporary Art, will ring in the new year with an Artist Talk for the exhibition

Art + Identity. Calgarians are invited to a guest talk with curator Ella Cooper and artist Terrence Houle on Jan. 9 at 2 p.m. For more information, visit [TRUCK.ca](http://TRUCK.ca). **METRO NEWS SERVICES**

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## Calgary tweets

- @mikelaevens This is like being traded from the Islanders to the Hurricanes. Rt Calgary-area MLAs defect to Wildrose
- @robertmcbean presumably anderson and forsythe believe defunding abortion and climate change denial is an acceptable trade-off for ambition. #ableg #wap
- @AirdrieScoop So far I've received 21 emails or ph calls supporting Rob Andersons decision to join WAP and 3 unhappy (actual constituents) #wap #ableg #pc



**CalgaryObits.com**  
notes the following deaths in our community:

- ASTALOS, Paul
- AZPIAZU, Esther Petra (nee Salvador)
- BJORNDALEN, Carmen Oliver
- BROWN, Margaret C. (Brownie)
- BROWN, Penny Melinda (nee Bowers)
- CHORNOBY, Walter
- EDWARDS, Mary E.
- ESTAY, William "Willi"
- FARKAS, Andrew J.
- GILLESPIE, Clare Stewart
- HASDELL, Jill Louise
- HULL, Derek Frank
- KOETSIER, Helenius Fredrik (Ed)
- LECHMAN, Aranka
- MELHUSH, Hazel Josephine
- PETERS, Leonard (Len) John
- PUSKAS, Steve
- ROSE, Carrie
- RUSSELL, Elman Dermie Wolter
- SHAVER, Ronald Edward (Ted)
- VETTERS, Marion Irene (nee Clarke)
- WEST, Jean Theresa
- WINCHESTER, John Wesley

For full obituaries go to **CalgaryObits.com**



Shannon Murrin says he will use some of the money he was awarded in an out-of-court settlement with the RCMP to take legal action against another police agency, the Royal Newfoundland Constabulary over their alleged handling of a double slaying outside St. John's, CBC News Online reported. **METRO NEWS SERVICES**

**Murrin planning another lawsuit**

# Canada/World

## Obama wary of Tories in '08 run: Book

**NAFTA** Barack Obama's presidential campaign suspected "dirty tricks" by Prime Minister Stephen Harper's Conservative government during the 2008 NAFTA-gate controversy, a new book alleges.

David Plouffe, Obama's campaign manager, is critical of Harper's administration for its role in a damaging affair that "caused us to limp, if not bleed" into the March 4, 2008 Ohio primary. Despite winning one of the most improbable victories in U.S. presidential history, NAFTA-gate — colourfully described as a "s— sandwich" — remains a sore point with Plouffe.

TORSTAR NEWS SERVICE

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Recent reforms mean proroguing Parliament won't kill a bill to scrap the gun registry, or much else. Scan this barcode for the full article.

## Tillman pleads guilty

### Roughriders GM apologizes for sexually assaulting teen

**The general manager of the Saskatchewan Roughriders wiped tears from his eyes as he stood in court yesterday and apologized for sexually assaulting a teenage girl who was babysitting his children.**

Eric Tillman, who was facing a two-week trial, pleaded guilty to the encounter in the summer of 2008 when the girl was 16 years old. Tillman said he was "profoundly sorry" for what he did to the teen, his family and the entire Roughrider organization.

Defence lawyer Aaron Fox argued for an absolute discharge. The Crown did not oppose a discharge of some kind, but prosecutor Bill Burge said he would leave it to the judge to consider whether it should be absolute or conditional. Judge Murray Hinds was to hand down a sentence today.

Tillman, who helped lead the Riders to the Grey Cup



Saskatchewan Roughriders general manager Eric Tillman speaks to a reporter as he enters the Provincial Courthouse yesterday in Regina, Sask.

championship in 2007, has been on paid administrative leave from the Canadian Football League club since being charged last February.

The team issued a state-

ment after the day's court proceedings that said president and CEO Jim Hopson has called for a special meeting of the board of directors as soon as reasonably possible.

The club and Tillman have agreed that he won't resume any day-to-day responsibilities until the matter is resolved, according to the statement.

CFL commissioner Mark Cohon had no comment.

The court heard that Tillman came up behind the teen, put his hands on her hips with his fingers through her belt loops and pulled the girl towards him.

The court was told he was on a double dose of sleep aids and muscle relaxants that day for a sore back and employees had described him as acting "loopy." The defence said Tillman did not remember how he got home from the office or what happened with the babysitter.

Tillman was hired by the Roughriders in August 2006 and led the team to a Grey Cup the following season.

THE CANADIAN PRESS

## HIV travellers allowed in U.S.

**BAN** Canadians infected with HIV are once again free to enter the United States.

Yesterday officially marked the end of a 22-year-long entry ban that prohibited HIV patients from entering or travelling through the U.S. without a special waiver.

U.S. President Barack Obama announced the end of the ban last October.

The ban was initially put in place to discourage the spread of the virus.

THE CANADIAN PRESS

## News in brief

**DEATH** Canadian authorities in the Caribbean are looking into the violent death of a Quebec City man vacationing in the Dominican Republic. Canada's Foreign Affairs Department confirmed the man was killed around New Year's Eve, and said consular officials on the island country are gathering details from local authorities. Quebec media outlets have identified the 41-year-old victim as Jean Gagné.

THE CANADIAN PRESS

## Couples arrested for being together

**MALAYSIA** Fifty-two unmarried Muslim couples face charges of sexual misconduct and possible jail terms after being caught alone in hotel rooms by Malaysia's Islamic morality police during a New Year's Day crackdown, an official said yesterday. Scores of officers fanned out to hotels in central Selangor state before dawn on Jan. 1, knocking on doors and detaining unmarried Muslim couples who were sharing rooms, said Hidayat Abdul Rani, a spokesman for the Selangor Islamic Department. "We chose to have this large-scale operation on New Year's Day because many people are known to commit this offence while celebrating such a major holiday," Hidayat said. The charge carries a maximum penalty of two years in prison and a fine. The Shariah laws apply only to Malaysia's Muslims, who make up nearly two-thirds of the population, and not to the Christian, Buddhist and Hindu minorities.

THE ASSOCIATED PRESS

## Security remains the same at some airports

**AIR TRAVEL** On the first day of what was supposed to be tighter screening ordered by the U.S. for airline passengers from certain countries, some airports around the world have conceded they had not cracked down.

The U.S. demanded more careful screening for people who are citizens of, or are flying from, 14 nations deemed security risks. But enforcement of the American rules appeared spotty yesterday.

"Everything is the same. There is no extra security," said an aviation official in Lebanon, one of the countries on the list. The official spoke on condition of anonymity because he was not authorized to speak publicly.

The administration of President Barack Obama ordered the changes after what authorities say was a failed attempt by a Nigerian man to blow up a jetliner bound from Amsterdam to Detroit on Christmas Day.

The U.S. Transportation Security Administration

m.metronews.ca



New decade, old fears as frequent travellers resign themselves to tight security and random searches. Scan this barcode for the full article.

said the enhanced screening techniques would include full-body pat-downs, searches of carryon bags, full-body scanning and explosive-detection technology.

In Nigeria, one of the nations on the U.S. list for additional security, there were long lines on the first day of the new rules. At the airport in the capital of Lagos, Mine Oniovosa, a 24-year-old student, said she had been told to show up more than seven hours ahead of time for a flight to Atlanta.

But at international airports in Lebanon, Syria and Libya, all on the list, there were no visible changes in screening.

THE ASSOCIATED PRESS

## South Korea Socked by snow



People shovel away snow in front of Duksu Palace in Seoul yesterday. South Koreans slogged through the heaviest snowfall in 70 years after a winter storm dumped more than 28 centimetres, forcing airports to cancel flights and paralyzing traffic in the capital.

## News in brief

**WASHINGTON** U.S. Secretary of State Hillary Rodham Clinton said yesterday that internal unrest and a surge in al-Qaida activity in Yemen pose a global threat that is being met by U.S. support for the Yemeni government's efforts to fight extrem-

ists. Clinton said the situation in Yemen created risks far beyond its region.

**PACIFIC OCEAN** Authorities flew over remote coastlines in the Solomon Islands yesterday trying to assess the damage from a large earthquake and tsuna-

mi that crashed ashore a day earlier, devastating a village. No injuries were reported some 24 hours after the biggest of a series of quakes churned a tsunami wave that was up to three metres high.

THE ASSOCIATED PRESS

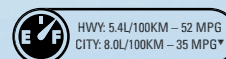


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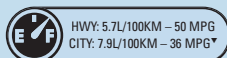
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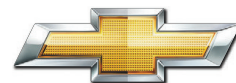
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**CHEVROLET**



Dubai opened the world's tallest skyscraper yesterday, and in a surprise move renamed the gleaming glass-and-metal tower Burj Khalifa. **THE ASSOCIATED PRESS**

# Business

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## TD aims at low incomes

**Toronto-Dominion Bank is using an innovative pilot program that specifically targets low-income earners as new clients — a financial intervention of sorts to prevent those folks from cashing their social assistance cheques at costly payday lenders.**

Canada's second-largest bank has set up kiosks in some government offices in British Columbia to reach out to these vulnerable consumers and snag them as customers just as they receive their welfare cheques. In some cases, civil servants are now simply referring clients to the closest TD branch.

The bank initially embarked on the program — dubbed the Direct Deposit Initiative — to solve its own cheque-cashing headaches. But its experiment has yielded some pleasant surprises.

Executives found that once this previously unbanked clientele gained access to a standard bank account, the vast majority remained active.

**TORSTAR NEWS SERVICE**

### In brief

**TSX** The Toronto stock market advanced yesterday afternoon after solid manufacturing data from the U.S. and China sent commodity prices higher. The S&P/TSX composite index was off early highs as losses mounted in the telecom and tech sectors on the first trading day of 2010.

**THE CANADIAN PRESS**

**LAWSUIT** Property owners at four struggling and bankrupt resorts in Idaho, Montana, Nevada and the Bahamas have filed a \$24 billion US federal lawsuit against Credit Suisse, saying the bank gave predatory loans to the resorts' investors as part of a scheme to take over the properties.

**THE ASSOCIATED PRESS**

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David Ikeda  
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## Your Money

EDITOR: FERMIN.DESOUZA@METRONWS.CA

# Regifting: Some dos and don'ts

AlisonOnMoney

Alison Griffiths

metronews.ca/alisononmoney

I know that I nattered at you before Christmas about not buying useless stuff for people who won't remember what you gave them. Most of you probably did it anyway under pressure of self-imposed guilt.

While you may be heartily sick of hearing anything to do with presents, I offer another

thought to help you deal with this expensive habit as the year unfolds.

We focus on the end of year holidays as the primary gift buying extravaganza, but when you examine the rest of the year what you buy for friends, family and colleagues likely far exceeds what you spend during the festive season.

Think showers, weddings, Stag and Does, birthdays, anniversaries, graduations, baptisms, Bar and Bat Mitvahs, retirements, promotions — oh my!

Here's one way to prevent all these events from digging too deeply into your wallet. Tag and bag. Take all your unwanted and unneeded from the holiday season and assemble a regift pile.

Forget anything not properly packaged, stuff that looks like it came from the dollar store and handmade items — no matter how nice, passing them off as crafted by you is plain bad Karma.

Nix most edibles with the exception of boxed items such as an artisan honey or jam

Alison's Money Rule:

- Start the new year off by reforming your gift-buying excesses with the help of the R mantra — Regift.

set. Oh yes, and anything dated, like calendars, is history.

Now, take careful note of who gave the regift prospect to you. Missing this step can be fatal. My husband's dear godmother once gave me a lovely glass apple ornament which I ended up handing back to her a couple of years later. I received a tree dressing down as a result.

In my regift drawer this year is a bath set that does not look like a grab and go from the corner drug store, a mouse flashlight that will delight a nephew or grandson and a charming pine candle that is too fragrant for my husband's sensitive nose.

Follow this process through the year and you will always have on hand an inventory of items that cost you nothing but, hopefully, will be appreciated by a recipient.

Alison Griffiths is a financial journalist, author and host of Moxed Out on the W Network. Write to her at alison@alisongriffiths.ca.



## New Year's resolutions: Make 2 lists

MoneyMatters

Henry Choo Chong

metronews.ca/moneymatters

**Q** For the past two years, I have made resolutions to lose weight and save for retirement. I am in my 30s and know that saving for the future is important. How can I go about achieving this?

— Randy

**A** Money and losing weight top the list of New Year's reso-

lutions but three out of four Canadians fail to keep them. Managing finances and saving for retirement have become so important that the federal government is taking notice. In the last decade, "debt to income ratio" has risen from 110 per cent to nearly 150 per cent. That means more people are taking on more debt.

Resolutions for most Canadians are a "would like to do" list than a "will do" list. Write down your New Year's resolutions but consider having two lists. A "will do" list that comprises two or three things and a longer "would like to do" list.

Here are some ideas for

"will do" resolutions:

- Be honest with yourself. Don't fantasize about being 17 again or hum "If I had a million dollars."
- Set short-term objectives and long-term goals, such as lose 10 pounds in the next eight weeks or save \$2,000 in six months.
- Be specific as to how you will reach your goals. For example, go to bank, set up new Tax Free Savings Account, use pre-authorized deposit, invest in RBC shares.
- Periodically evaluate achievements and accomplishments.

Henry Choo Chong, CGA, can be reached at choochonghga@yahoo.ca.

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# Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

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## Comment

# Gambit may backfire

## NationalReport

Lawrence  
Martin

metronews.ca/nationalreport

Having shown the effrontery to prorogue Parliament once again, the speculation now is that Prime Minister Stephen Harper, our supreme ruler, will take things a step further and force an election this spring. Don't bet on that one. We won't know for sure until some polls come in, but there are indications the prorogue gambit is backfiring on him. The reaction has been demonstrably negative. Media comment boards have lit up in protest. The Globe and Mail went to the unusual extent of running a front page editorial.

Conservative newspapers, normally in the prime minister's stable, have condemned the move. The Facebook group, Canadians Against Proroguing Parliament, already has 15,000 signed up.

It's become a question of how many times the people will let a leader bend a democratic system to his will before they fight back. If the prime minister doesn't take a hit in the polls on this he will feel the sting in other ways. The opposition to his methods is hardening. People are angry. When they get angry, they mobilize.

This prorogation story, which comes on top of his defying the will of Parliament by

refusing to turn over documents on the Afghan detainees affair, is different from some of the other abuse-of-power stories. This one has legs. Every day Parliament's doors remain closed will serve as a reminder of what the supreme ruler did.

In such circumstances it's hard to see his support numbers going up enough in the next couple months for him to risk an election. Despite facing weak opposition leaders Harper has been unable to move his support level above the 40 per cent mark. Pollsters will tell you one of the reasons for the failure is his manipulation.

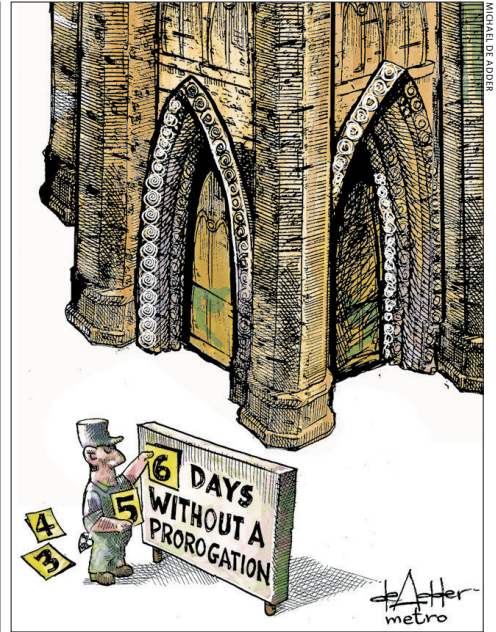
Stephen Harper

ive ruling style — the cold dictatorial edge. Prorogation has only served to reinforce that negative.

Harper didn't even bother to visit the Governor General to ask for prorogation this time. He simply phoned over, then had his press secretary announce it the day before New Year's Eve when the Olympic hockey team was being named and the PM's team felt that few would be paying attention.

The arrogance, the chutzpah is remarkable. Having dismissed Parliament in a hugely controversial move last year and having gotten away with it, Harper clearly feels he will get away with it again this time. Arrogant, autocratic leaders tend to be like that. They think they can get away with anything. Eventually, they get caught.

Lawrence Martin is a journalist and author of 10 books who writes about national affairs from Ottawa.



## Worth mentioning

# NASA discovers two new 'mystery' objects

NASA's new planet-hunting telescope has found two mystery objects that are too hot to be planets and too small to be stars.

The Kepler

Telescope, launched in March, discovered the two new heavenly bodies, each circling its own star. Telescope chief scientist Bill Borucki of NASA said the objects are thousands of degrees hotter than the stars they circle. That means they probably aren't planets. They are bigger and hotter than planets in our solar system, including dwarf plan-

ets. "The universe keeps making strange things stranger than we can think of in our imagination," said Jon Morse, head of astrophysics for NASA.

The new discoveries don't quite fit into any definition of known astronomical objects, and so far don't have a classification of their own. Details about the mystery objects were presented yesterday at a meeting of the American Astronomical Society in Washington.

THE ASSOCIATED PRESS

## Views

# iMuslims: Vibrant Internet atmosphere

## GlobalView

Mona  
Eltahawy

metronews.ca/globalview

You've seen their mugshots: A Nigerian charged with trying to blow up a plane on Christmas Day; five young American Muslims detained in Pakistan, apparently desperately seeking jihad.

You've heard they went online in search of radical imams ready to recruit every Muslim within a foot of an Internet connection. I bet you haven't heard of these mugshots: Iranian men in chadors and headscarves.

As part of the "Men in Headscarves" campaign, Iranian men have been

posting pictures of themselves wearing the head and body coverings the Iranian regime imposes on women. Their pictures have spread on Facebook and YouTube in support of Iranian student activist Majid Tavakoli.

Authorities arrested Tavakoli in December after he called for more democracy and urged students to reject "tyranny." The next day, government newspapers published pictures of Tavakoli dressed in a chador and claimed he had tried to escape arrest disguised as a woman.

Yes, violent radical groups such as al-Qaida and others have used the Internet to their advantage. That is not new.

But what is new is how young Muslims around the world have been using the Internet to challenge authority. Their exciting work is overshadowed by news of

angry, young Muslims online.

Do you know of the Egyptian blogger who helped convict police officers for the sodomy of a bus driver by posting footage of the crime on YouTube? How about the Saudi woman blogger who challenges her country's restrictions on women (she is married to a former officer of the morality police, who often enforce those restrictions).

Pick up Gary Bunt's iMuslims: Rewiring the House of Islam and learn that for every online al-Qaida recruiter there are thousands more Muslims reforming Islam online. Interpretations and commentaries on the Qur'an fill the Internet and recreate the vibrant intellectual atmosphere that many Muslims lament we'd long ago lost.

I see that every day on Facebook where I have al-

most 5,000 friends. We argue over everything from polygamy and burqas, to being gay and Muslim. You rarely see such diverse opinions in news reports on Muslims.

Twitter is just as vibrant. An American Muslim I follow summed up the sentiments of many towards those five young American Muslims: "I say we welcome these kids home from Pakistan with a swift kick in the ass. Who's with me?"

The Internet deals a blow to radical groups by giving anyone online the chance to answer back. For every Umar Farouk Abdulmutalab, there are dozens of Iranian men taunting the regime that runs the Islamic Republic of Iran.

Mona Eltahawy is an award-winning Egyptian-born commentator and public speaker on Arab and Muslim issues. She reported on the Middle East for 10 years before moving to the U.S.

## 'Hot companions'

- NASA researcher Jason Rowe, who found the objects, said he calls them "hot companions." How hot? Try 14,425 Celsius. That is hot enough to melt lead or iron.

## We Know What You're Thinking

65%

The number of Canadians who often skip one meal a day.



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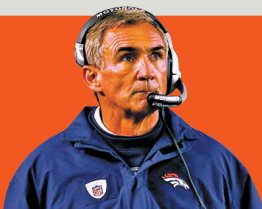


**Henry didn't fall out of truck, he jumped: Fiancée**

Chris Henry's fiancée says he jumped out of the back of her truck instead of falling, on the day the Cincinnati Bengal was fatally injured. Loleini Tonga told ESPN that she thinks Henry thought he would land safely and may have been scared because he saw someone calling the police. She said he didn't jump with the intention of harming himself. **THE ASSOCIATED PRESS**

9

# Sports



## Redskins courting Shanahan

The Washington Redskins have moved quickly in their pursuit of Mike Shanahan. The former Denver Broncos coach flew to Washington on owner Dan Snyder's plane hours after the team fired Jim Zorn. Shanahan is the team's top choice to replace Zorn, who was dismissed yesterday, a day after Washington completed a 4-12 season with a 23-20 loss at San Diego. **THE ASSOCIATED PRESS**

EDITOR: DON.MCHOULL@METRONEWS.CA

# U.S. no easy foe

### WORLD JUNIOR PREVIEW

### United States vs. Canada

**Canada's path to a record sixth straight gold medal goes through an American team that has already given them one scare at the world junior hockey championship.**

Canada will face the United States in the final tonight (TSN, 6 p.m. MT) looking to settle any question of which country has the better team after pulling out a comeback 5-4 victory in a shootout over the Americans in round-robin play Dec. 31.

"It's good for us because we feel we didn't play a very good game

against them the first time," said Canadian forward Brandon McMillan. "We weren't ready to play and they took it to us."

The Credit Union Centre will no doubt be as solidly behind Canada as it tries to make history by winning a sixth straight gold, as they were on New Year's Eve when the Americans came within five minutes of an upset win over their hosts.

Outplayed by the U.S. for much of the game, Canada trailed 4-2

in the third period before managing to tie the affair. Later, in the shootout, Jordan Eberle, Nazem Kadri and Brandon Kozun all scored on Jack Campbell, while Jake Allen stopped American veteran Jordan Schroeder to secure the win.

"Everyone thought we played really poorly, and not a lot of people respect how well the States played," said Canadian coach Willie Desjardins. "They've got a real good hockey team."

It won't help that Canada will be without defenceman Travis Hamonic, who suffered a suspected separated shoulder when he was hit from behind into the boards in Canada's 6-1 victory over the Swiss in the semifinals.

**THE CANADIAN PRESS**



Team Canada goalie Jake Allen

### SCOREBOARD

| NHL                                | YESTERDAY'S RESULTS |
|------------------------------------|---------------------|
| N.Y. Rangers 3 Boston 2            |                     |
| Los Angeles at San Jose            |                     |
| NBA                                | YESTERDAY'S RESULTS |
| Miami 92 Atlanta 75                |                     |
| Oklahoma City 98 Chicago 85        |                     |
| New Orleans 91 Utah 87             |                     |
| Portland at L.A. Clippers          |                     |
| NFL PLAYOFFS                       |                     |
| AFC WILD CARD ROUND                |                     |
| Byes: Indianapolis, San Diego      |                     |
| SATURDAY'S GAME                    |                     |
| N.Y. Jets at Cincinnati, 2:30 p.m. |                     |
| SUNDAY'S GAME                      |                     |
| Baltimore at New England, 11 a.m.  |                     |
| NFC WILD CARD ROUND                |                     |
| Byes: New Orleans, Minnesota       |                     |
| SATURDAY'S GAME                    |                     |
| Philadelphia at Dallas, 6 p.m.     |                     |
| SUNDAY'S GAME                      |                     |
| Green Bay at Arizona, 2:40 p.m.    |                     |

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## Martin back to work after lengthy break

**CURLING** Olympic curling hopeful Kevin Martin hopes a lengthy rest will end up paying off in gold as he returns to the ice in what amounts to a pre-Olympic tuneup at the Grand Slam of Curling in Guelph, Ont., tomorrow.

Martin hasn't exactly been taking it easy since Dec. 13, when he earned the right to represent Canada at the 2010 Winter Olympics in Vancouver.

But his efforts have been preparing for the Olympics, including getting flights and hotel

rooms for family members, and not spent on the ice.

"I took the time off right to New Year's after the trials and you don't really realize how tired you are until you take a break," he said. "You're kind of running on fumes and don't really know it, and once I got off the ice for a few days I could tell how extremely tired I was."

Martin believes the mental break from the game will put him in a good position going into Vancouver.

"I started feeling pretty good after Christmas. It's amazing," he said. "You get out there and feel like practising again."

"You're full of energy and it's a good feeling."

**THE CANADIAN PRESS**

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Scan this barcode for the most recent Sports updates on your smartphone. Learn how to scan the barcode with the instructions at the top of pg 3

### Sports in brief

**GUNS** Washington Wizards star Gilbert Arenas says he took unloaded guns from his locker in a "misguided effort to play a joke" on a teammate. Arenas released a written statement after meeting with law enforce-

ment officials yesterday.

**BASEBALL** Jason Bay's contract with the New York Mets includes a \$17 million US option for 2014 with a \$3 million buyout, a person familiar with the deal told The Associ-

ated Press. The Trail, B.C., native took a physical yesterday, a necessary step to finalize the deal, and the Mets scheduled a news conference today at Citi Field to introduce Bay.

**METRO NEWS SERVICES**

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# Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA



Snowboarder Maëlle Ricker

## Golden opportunities

### A look at five of Canada's top medal hopefuls

**With one month to go before the 2010 Winter Olympics, Metro looks at five of Canada's top gold medal hopefuls.**

#### Canadian women's hockey team

In the three Olympic Games since women's hockey was introduced, the team has captured two golds and one silver. It will likely face off for the gold medal against the United States, which won the 2008 and 2009 world championships. Veteran forward Hayley Wickenheiser will vie for her fourth Olympic medal. "Hockey Canada has a goal to win three medals in Vancouver at the Olympics and Paralympics: Men's, women's and sledge hockey," said Johnny Misley, executive vice-president of hockey operations at Hockey Canada. "Anything else would be a disappointment to all Canadians."

#### Maëlle Ricker, snowboarder

Maëlle Ricker's Olympic dreams were nearly dashed by knee injuries, but even eight surgeries couldn't stop the North Vancouver resident from achieving 28 career podiums, including 13 victories, on the FIS World Cup Tour. She took fifth place at her first Olympics — the 1998 Nagano Games when she was 19 — and fourth in the 2006 Turin Games. In December, Ricker won

gold at a World Cup stop in a snowboardcross event in Telluride, Colo.

#### Christine Nesbitt, speedskater

At the 2009 ISU Speedskating World Cup meet in December, Melbourne, Australia-born (and London, Ont.-raised) Christine Nesbitt won two gold medals in two days — the first in the 1,500-metre event and the second in the 1,000-metre event. In total, she has 13 World Cup gold medals, 22 silver medals and 11 bronze medals. With Kristina Groves and Cindy Klassen, Nesbitt took home a silver medal in team pursuit at the 2006 Winter Olympics in Turin.

#### Jasey-Jay Anderson, snowboarder

Jasey-Jay Anderson is Canada's most decorated snowboarder. The 34-year-old native of Val-Morin, Que., won four consecutive FIS Snowboard World Cup titles from 2000 to 2004 and is a four-time overall World Cup champion. On Dec. 17, Anderson

took top spot in the parallel giant slalom at a World Cup snowboarding competition — his 25th career World Cup victory across all disciplines.

#### Charles Hamelin, speedskater

The 25-year-old native of Lévis, Que., has earned a dozen world championship medals since 2005, a silver medal at the 2006 Turin Games in the 5,000-metre relay and five medals — including three gold — at this season's World Cup

To follow the progress of the Olympic torch, visit: [metronews.ca](http://metronews.ca)

events. Hamelin will compete in the 500-, 1,000-, 1,500-metre events and the 5,000-metre relay at the 2010 Winter Olympics and is considered a medal threat in each one. Mylène Croteau, manager of communications for Speedskating Canada, believes Hamelin could be the first Canadian athlete to win gold since the 1,500-metre medal rounds will be held on the first day of the Games.

METRO CANADA



Speedskater Christine Nesbitt



Speedskater Charles Hamelin



Hayley Wickenheiser, right, Jayna Hefford, centre, and Caroline Ouellette of the women's hockey team

Snowboarder Jasey-Jay Anderson



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# Health & Beauty

EDITOR: JENNIFER.PRITTE@METRONEWS.CA

## Weighing your options

Losing those extra pounds can begin with looking at food differently

CELIA MILNE  
for Metro Canada

**Hope to lose weight this year? Get ready to think differently about food. "Any change we make to improve our weight needs to be a lifestyle change for good, not just a quick fix," says Dr. Janine Bowring, a Toronto doctor of naturopathic medicine.**

Many of us blurt out on New Year's Eve that we are determined to diet and get in shape this year. Easier said than done.

"New Years resolutions to get in shape and lose weight rarely work for the long haul. Some people even gain more weight because they overeat in the holiday season knowing that Jan. 1, they are officially starting their weight loss," says Bowring, who is author of the book *The Healthy Millionaire* and formulator of VitaTree Nutritionals.

"Goals for weight loss should be set for the long run, not just for a diet."

Three small achievable goals that Dr. Bowring suggests setting are:

- Eat smaller amounts regularly

- Do not skip meals
- Eat more slowly.

These can improve our digestion and decrease overeating, thus resulting in weight loss, she says.

Avoid labelling certain foods as "bad" as we tend to want more of what we



Weight loss goals should be for the long run, not a quick-fix solution.

can't have. "If we can focus our attention to eating well 80 per cent of the time, the other 20 per cent can be our indulgences, without the attributed guilt that leads to overeating," Bowring suggests.

Beware of emotional eating — try not to eat differently when stressed, angry or bored.

"Skinny people tend to eat whatever they want, whenever they want. They don't feel bad about it and they also don't overeat because they feel emotionally satisfied," she says.

Bowring suggests New Year's detoxification to help you feel lighter on your feet.

- Squeeze a quarter lemon in warm water and drink first thing in the morning. This helps to get the diges-



Fitness is only half the battle when it comes to dropping pounds.

tive enzymes going.

- Add parsley to your salads and other dishes; it is good for the kidneys.
- Make sure you are getting enough fibre. Add psyllium to water or juice once a day on an empty

stomach (1/4 tsp). Eat lots of whole grains and carrots.

- Do deep breathing exercises daily.
- Sweat it out. Regular exercise detoxifies the skin and helps you lose weight

## Don't quit trying to quit smoking

CELIA MILNE  
for Metro Canada

**SMOKES** Did you resolve to quit smoking this year? It's tough to do,

but it's a very powerful factor in improving health.

Smoking kills tens of thousands of Canadians a year. It is well known that smokers have a higher risk for lung cancer. But few people realize that smoking also raises your risk of heart disease. Nicotine is addictive. When you inhale from a cigarette, nicotine enters your bloodstream instantly and triggers release of dopamine into the brain.

The brain gets used to the stimulation, and then craves it. In order to quit, you have to be ready to deal with the cravings and the withdrawal symptoms.

Here are some tips on quitting:

- Set a quit date.
- Declare that you are going to quit, by telling family, friends, and co-workers.
- Ask your doctor or pharmacist what product might help you.

- List the benefits of quitting, such as looking better and feeling better.
- Write down strategies for managing withdrawal.
- Practice how you will deal with cravings
- List your triggers



### Health Tips in brief

**HEART** The Heart & Stroke Foundation is looking to raise awareness that heart disease isn't just a problem among men. Sign up for Heartbeats tips at [thehearttruth.ca/heartbeats/](http://thehearttruth.ca/heartbeats/) before Mar. 2 and you could win tickets to LG Fashion Week in Toronto. CELIA MILNE/ FOR METRO CANADA

### The J Spot

**Josey Vogels**

Josey Vogels column on dating habits for the next decade can be found at [metronews.ca/thejspot](http://metronews.ca/thejspot)

## Lose weight without loose purse strings

CELIA MILNE  
for Metro Canada

Ladies: Budget tight and stomach loose?

If you're looking for ways to get fit, save money and stay motivated in the new year, join the club — without joining a club.

Many women are eager to shape their butt, stomach and thighs, but with the recession still looming, they need to stick to a tight budget. We asked fitness leader Sammie Kennedy to give us some tips.

Kennedy is the creator

and CEO of Booty Camp Fitness, a national women's-only boot camp program that has grown to 90 locations across Canada in less than three years.

"I've seen a lot of people splurge hundreds of dollars on annual memberships come January," she told Metro. "By the time March rolls around, though, they aren't using their membership anymore and are out quite a bit of cash."

To stay on a budget and make sure you don't waste any money, try workouts that offer a pay-as-you-go option.

Many gyms, boot camps and yoga studios will let you buy six, eight or 10 classes at a reduced rate. If you find you're still committed a few weeks in, then you can continue, but if not, then you aren't locked into any contracts.

Kennedy also suggests budget-conscious women keep a few fitness accessories handy at home. On days you aren't feeling social or have little time, you can squeeze in a quick solo workout. She suggests resistance bands of varying tensions, a skipping rope, a stability ball and possibly a boot camp DVD.

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Fans of Brita-type filters can now tote the President's Choice Personal Water Filter Bottle (\$9.99). It holds about three cups of water and filters out significant amounts of lead and chlorine as you tilt and sip. **TORSTAR NEWS SERVICES**

# Food



## A versatile condiment

With its sweet-and-sour, fruity and spicy flavours, chutney can turn ordinary meals into culinary wows. Beau MacMillan, chef and co-host of the Food Network's upcoming reality show *Worst Cooks*, offers these tips: 1) Use sweet chutney atop something rich, like lamb. 2) Serve it as a dip with tempura shrimp. 3) Use a red pepper and green onion chutney to flavour a ham sandwich on cheddar biscuits.

THE ASSOCIATED PRESS

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

## Liquid Assets

Peter Rockwell



metronews.ca/liquidassets

## My predictions

Well, here we are again folks: Another new year and another new decade. I can't think of a better way to celebrate than making a few wine predictions aimed at the next 12 months.

My crystal ball says that the popularity of Argentina will continue this year. The red malbec grape will still reign supreme, but I expect torrentés (a spicy white grown in the country's northern vineyards) to rock your world. Viognier (another pepper white grape) will also get its well-deserved due with wines like Chile's **Cono Sur 2008 Viognier** (\$9.95 - \$11.99) offering fresh, floral aromas and soft, leachy-like flavours that work great with food.

Over to red, shiraz (yes, shiraz) will make waves with its international personality thanks to great new wines from Argentina, Chile, Canada, France and South Africa loosening Australia's grip on the grape.

Though there aren't too many undiscovered countries left to, well, discover; Portugal will rule 2010 with non-fortified wines such as **José Maria da Fonseca's 2006 Periquita** (\$7.95 - \$11.49). Cheap and layered with savoury wild berry fruit, it's a grill-friendly red that only hints at the variety of wines the Portuguese have to offer.



Peter Rockwell is the everyman's wine writer, working in the liquor industry for more than 25 years. Follow him on Twitter @TheRealWineGuy and email liquidassets@eastlink.ca.

# Sweet & tangy

Work some warm greens into your meals

With the decadent holiday season of eating behind us, you're probably looking to eat lighter and healthier.

Instead of pulling out the salads, try working some warm greens into your meals. For other healthy options to help you get your New Year's resolutions started, try our Healthy Choice guide at [20minutesupperclub.com](http://20minutesupperclub.com)

This week's meal combines steamed spinach with warm pineapple sauce and chicken to create a delicious sweet and tangy dinner that is perfect for serving to your family casually or can easily be dressed up for guests. Similar to an applesauce, the pineapple sauce gets some depth with the addition of jalapeno pepper. The flavours work well with simple broiled chicken and would also be great served with pork. If fresh pineapple is unavailable, drained canned pineapple can be used instead.

To end the meal on a sweet note without the heaviness, try our "Blondie" or Butterscotch bars. Made with walnut and coconut, these heavenly bars are a perfect nutty flavour to finish the night on.

- CHRISTY PENGILLY



Butterscotch or "Blondie" dessert bars offer the perfect nutty flavour to finish off your meal.

- 1 Tbsp reduced sodium soy sauce
- 1 tsp olive oil
- 4 (4oz) chicken breasts
- 1 1/2 cup diced fresh pineapple
- 1 tsp finely chopped jalapeno pepper
- 1/2 tsp kosher salt
- 1/4 tsp freshly ground black pepper
- 1 lb spinach, about 2 bunches
- 1 Tbsp fresh lemon juice
- 1 tsp unsalted butter, optional

Perfect meal option for a family or dress it up for guests

## METHOD:

1. Preheat broiler to high. Line a broiler pan or rimmed sheet pan with tinfoil and set aside.
2. In a small bowl, combine 1-tablespoon honey, 1-teaspoon limejuice, 1-teaspoon soy sauce and olive oil together and mix well. Transfer chicken to prepared pan, season with salt and pepper and brush each breast with honey mixture. Broil chicken until cooked through and

golden brown on top, about 10 to 12 minutes

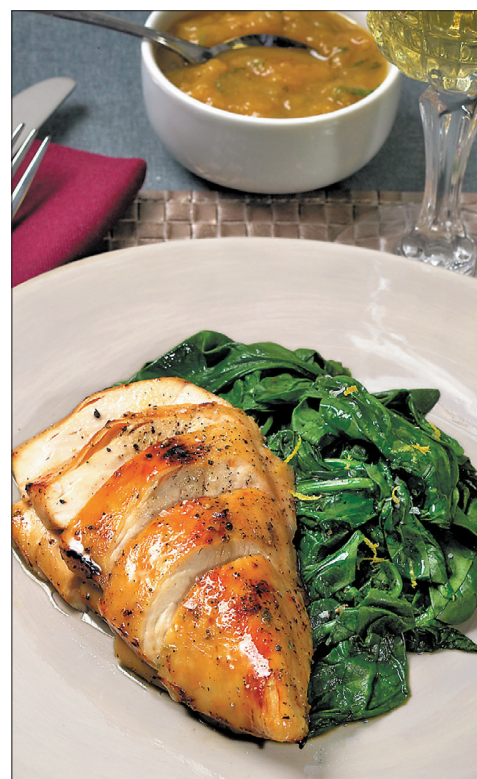
3. Meanwhile, in a blender, combine pineapple, 2-tablespoons honey, 1-tablespoon limejuice, 2-teaspoons soy sauce, jalapeno pepper and salt together. Puree until frothy and smooth.

Pour pineapple mixture into a nonstick pan and set over medium-high heat. Cook pineapple mixture, stirring occasionally, until sauce caramelizes and thickens, about 5 minutes. Remove from heat and set aside.

4. Meanwhile, set a steamer basket over a pot of boiling water. Add spinach, cover and cook until wilted and tender, about 3 minutes. Remove from steamer basket; add lemon juice and season with salt and pepper. Add butter, if desired. Serve chicken with steamed spinach and warm pineapple sauce as a garnish.

## Butterscotch Bars

MAKES 24-48 BARS  
PREP TIME: 15 MINUTES



Chicken with Warm Pineapple Sauce and Steamed Greens.

COOKING TIME: 30 MINUTES  
RECIPE DEVELOPER: CLAIRE STUBBS

## INGREDIENTS:

- 1 cup unsalted butter
- 4 cup brown sugar
- 4 eggs
- 4 Tbsp vanilla extract
- 2 cup all-purpose flour
- 2 tsp baking powder
- 1 tsp salt
- 1 cup chopped walnuts
- 1 cup unsweetened, shredded coconut

## METHOD:

1. Preheat oven to 375°F. Line an 11- x 17-inch sheet pan with parchment paper. Tip: Put a dab of butter in each corner of pan to stick paper down and keep it in place.

2. In an electric mixer, cream butter and sugar together. Add in eggs one by one and then vanilla.

3. Sift together dry ingredients and add to butter mixture, mixing until

## Reader contest

- Visit [20minutesupperclub.com/raincoast](http://20minutesupperclub.com/raincoast) to enter to win a Raincoast Books New Years Resolution Gift Package worth \$100. For product information, visit [raincoast.com](http://raincoast.com). The winner will be drawn at the end of this month.

just combined. Mix in nuts and coconut.

4. Spread batter out in pan as evenly as possible. Bake for 15 minutes, rotate 180 degrees and continue baking for another 15 minutes. Do not over bake.

5. Cool in pan and then cut into bars or squares.



## Food in brief

**SUGAR TIPS** When shopping for sweetener, seek products that can replace refined sugar, suggest the authors of 175 Natural Sugar Desserts.

The following are natural sweeteners that can replace refined sugar:

- **Agave Syrup:** A succulent plant with a low glycemic index, agave has a sweet mild flavour when baked or made into syrup. Find it in health-food stores and some major supermarkets.
- **Xylitol:** A sweetener found

in plums, among other fruits. It contains 40 per cent fewer carbohydrates than sugar.

- **Honey:** Due to its high carbohydrate content it should be used only in small quantities. It has roughly 1 1/4 times the sweetening power of sugar.

- **Stevia:** A tropical plant native to Brazil and Paraguay, stevia is 200 to 300 times sweeter than granulated sugar. It can be found in health-food stores as well as online.

Source: 175 Natural Sugar Desserts by Angelina and Ari

Dayan (Robert Rose).

THE CANADIAN PRESS





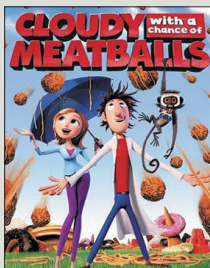
**McConaughey welcomes new daughter**

Matthew McConaughey is a daddy again. McConaughey and girlfriend Camila Alves welcomed a baby girl Sunday, the 40-year-old actor wrote on his website. Vida Alves McConaughey weighed in at seven pounds, six ounces. **TVGUIDE.COM**

# Entertainment

EDITOR: DEAN.LISK@METRONWS.CA

**DVD picks**



**Cloudy With a Chance of Meatballs**

**Directors: Phil Lord, Christopher Miller**  
**DO YOU WANT** fries with that? Do you mind if they fall out of the sky?

That's the premise of this tasty animation about a nerdy scientist who discovers a way to turn raindrops into food.

It's based on a 1978 children's book by the same title, but co-writers and co-directors Philip Lord and Chris Miller have expanded the story and made it more like a parody of a disaster movie. Tired of living on the sardines that are the sole food of his island home, Flint Lockwood (Bill Hader) designs a device that drops an all-you-can-eat buffet from the sky.

It's a dream come true for his hungry fellow inhabitants and also for ambitious TV weathergirl Sam Sparks (Ana Faris) — until the day comes when some pasta makes them all run fast.

There are equal servings of fun and fright in this clever comedy, which comes with side-dish sermons about the sin of greed and the wisdom of accepting yourself as you are. The supporting voice cast is quite the smorgasbord of delights, including James Caan, Mr. T, Bruce Campbell, Andy Samberg and Neil Patrick Harris.

Peter Howell/for Metro Canada

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## Family business

Father-son detectives team for Republic of Doyle

IAN JOHNSTON  
for Metro Canada

**The new CBC mystery/drama Republic of Doyle does make you wonder — are there really private investigators in Newfoundland?**

"You know, it's funny, but yeah, there are. In doing the research, we ran into a couple of guys," says series creator Allan Hawco, who also stars as Jake Doyle, the younger half of a family-run P.I. firm operating out of St. John's, N.L.

"And even a father and son team working, which we never expected, but there it was."

Not that Newfoundland P.I.s get into as much trouble as the older and

younger Doyle. In the series, Jake and father Malachy (Sean McGinley) are always finding themselves on the wrong side of the bad guys, the cops, women, their extended family, and the law.

"We wanted to keep with what PIs here usually do — like serving papers or car repos. That's their bread and butter. And it's the same on the show. But when they do that stuff on the show, it tends to get them involved with bigger things."

Bigger things being murder. Or drugs. Or arson. Or a particular persistent graffiti artist.

Newfoundland native Hawco — whose credits include TV's ZOS and H2O — says he didn't base the show on any specific old detective series.

Still, Republic of Doyle does reference '70s TV gumshoes like Banacek and the father-and-son team on The Rockford Files.

"I watched them all growing up. But with Republic of Doyle, we tried to keep it modern, keep it real," says Hawco, who wrapped filming on the first season on Dec. 22.

"Though we wanted to keep in that sense of Newfoundland humour, we take

**Republic of Doyle premieres tomorrow on CBC**



**Light of Day**

Michael Jackson fans have a reason to celebrate. An unreleased track, called *Another Day*, has popped up on the Internet. The track appears to be a duet with Lenny Kravitz. **POPEATER.COM**



Allan Hawco plays private investigator Jake Doyle on the new CBC mystery/drama series Republic of Doyle.

the subject serious. It can be funny, but it's not a joke."

If anything, Republic of Doyle provides a great showcase for St. John's itself, which figures prominently in the series.

"It's certainly a major character in the show," he says. "And though it was the first one-hour drama ever done in Newfoundland, the community was nothing but supportive."

| CA            | Vu  | SC  | 7:00     | 7:30                                                                           | 8:00                                      | 8:30                                            | 9:00                                            | 9:30                                            | 10:00                                | 10:30                      | 11:00                      |
|---------------|-----|-----|----------|--------------------------------------------------------------------------------|-------------------------------------------|-------------------------------------------------|-------------------------------------------------|-------------------------------------------------|--------------------------------------|----------------------------|----------------------------|
| 1/5/10        | 267 | 351 | - ACCESS | Alberta Primetime (Live)                                                       | Air Force One *** (1997, Suspense)        | Harrison Ford, Gary Oldman, Glenn Close.        | Blades of Glory *** (2007, Comedy)              | Will Ferrell.                                   | Primetime                            |                            |                            |
|               | 243 | 317 | 3 CFCN   | etalk                                                                          | Access H.                                 | Law & Order: Special Victims                    | Omni News: Cantonese Edition                    | Omni News: The National                         | Two/Half Men                         | Two/Half Men               | Metropia                   |
|               | -   | -   | 4 OMNI   | King/Queens                                                                    | The Simpsons                              | Entertainment                                   | The Insider (N)                                 | Scrubs                                          | Better Off Ted                       | Scrubs                     | The forgotten              |
|               | -   | 371 | 5 KXLY   | 4 News at 6                                                                    | 4 News at 6:30                            | Rick Mercer                                     | 22 Minutes                                      | Ron James: Manitoba Bound                       | CBC News: The National               | The Hour                   | The Hour                   |
|               | 245 | 306 | 6 CBRT   | Wheel Fortune                                                                  | Jeopardy! (N)                             | The Good Wife "Infamy"                          | NCIS "Ignition" (N)                             | NCIS: Los Angeles (N)                           | NCIS: Los Angeles (N)                | News Hour                  | News Hour                  |
|               | 244 | 338 | 7 CICT   | ET Canada                                                                      | Entertainment                             | The Jay Leno Show (N)                           | The Biggest Loser Strenuous bike challenge. (N) | Le Téléjournal Nouvelles. (SC)                  | Local Programming                    | NCIS: Los Angeles (N)      | The Good Wife              |
|               | 246 | -   | 8 CKAL   | Law & Order: Special Victims                                                   | La Factice                                | Providence (HDTV) (N) (SC)                      | Trauma (N) (SC)                                 | NCIS: Los Angeles (N)                           | This Emotional Life (HDTV) (N) (DVS) | NCIS: Los Angeles (N)      | The Good Wife              |
|               | 119 | 705 | 9 CBXT   | Virginie (SC)                                                                  | La Factice                                | Providence (HDTV) (N) (SC)                      | Trauma (N) (SC)                                 | NCIS: Los Angeles (N)                           | CBC News: The National               | CBC News: The National     | fifth estate               |
|               | -   | -   | 10 SHAW  | (6) Local Programming                                                          | Access H.                                 | The Doctors (N)                                 | NCIS "Ignition" (N)                             | NCIS: Los Angeles (N)                           | CBC News: The National               | CBC News: The National     | Jay Leno Show              |
|               | -   | 372 | 12 KREM  | News                                                                           | Access H.                                 | The Doctors (N)                                 | NCIS "Ignition" (N)                             | NCIS: Los Angeles (N)                           | CBC News: The National               | CBC News: The National     | Jay Leno Show              |
| primitime     | -   | 374 | 14 KSPS  | PBS NewsHour (N)                                                               | Nova (HDTV) (N)                           | Nova (HDTV) (N)                                 | Wild Lives                                      | CBC News: The National                          | CBC News: The National               | CBC News: The National     | fifth estate               |
|               | 502 | 390 | 15 CBC   | CBC News: The National                                                         | CBC News: The National                    | CBC News: the fifth estate                      | CBC News: The National                          | CBC News: The National                          | CBC News: The National               | CBC News: The National     | fifth estate               |
|               | -   | 370 | 16 KHQ   | CBC News (N)                                                                   | Millionaire                               | Jeopardy! (N)                                   | Wheel Fortune                                   | The Biggest Loser Strenuous bike challenge. (N) | Postgame                             | Raymond                    | News                       |
|               | -   | 373 | 22 KAYU  | (6:15) College Football FedEx Orange Bowl — Georgia Tech vs. Iowa. From Miami. | PIX News at Ten Tong.                     | Two/Half Men                                    | Friends                                         | Friends                                         | According-Jim                        | Family Guy                 | Cooper 360                 |
|               | 297 | 652 | 37 WPX   | Melrose Place "Vine"                                                           | PIX News at Ten Tong.                     | Two/Half Men                                    | Friends                                         | Friends                                         | According-Jim                        | Family Guy                 | Cooper 360                 |
|               | 500 | 500 | 29 CNN   | Larry King Live (N)                                                            | Nancy Grace                               | Showbiz Tonight                                 | Hockey Central (HDTV) (Live)                    | NHL Charity Poker Shootout                      | The Joy Behar Show                   | Nancy Grace                | NHL Charity                |
|               | 508 | 502 | 31 CNN2  | The Joy Behar Show                                                             | Nancy Grace                               | Showbiz Tonight                                 | Hockey Central (HDTV) (Live)                    | NHL Charity Poker Shootout                      | The Joy Behar Show                   | Nancy Grace                | NHL Charity                |
|               | 400 | 400 | 21 TSN   | Hockey                                                                         | SportsCentre (HDTV) (Live)                | Sportsnet Con.                                  | Hockey Central (HDTV) (Live)                    | NHL Charity Poker Shootout                      | The Joy Behar Show                   | Nancy Grace                | NHL Charity                |
|               | 408 | 418 | 27 net   | NHL Hockey: Flames at Predators                                                | Sportsnet Con.                            | Hockey Central (HDTV) (Live)                    | NHL Charity Poker Shootout                      | The Joy Behar Show                              | Nancy Grace                          | NHL Charity                |                            |
|               | 410 | 403 | 30SCORE  | (6) Court Surfing NBA news, scores and highlights.                             | Sportsnet Con.                            | Hockey Central (HDTV) (Live)                    | NHL Charity Poker Shootout                      | The Joy Behar Show                              | Nancy Grace                          | NHL Charity                |                            |
| news          | 411 | 457 | 44 OLN   | Operate-Repo                                                                   | Operate-Repo                              | Ghost Hunters                                   | Destination Truth                               | Operate-Repo                                    | Operate-Repo                         | Ghost Hunters              | Super Bikes!               |
|               | 417 | 406 | 48 SPEED | Super Bikes!                                                                   | Super Bikes!                              | Dangerous Drives (HDTV)                         | Pass Time                                       | Monster Jam (HDTV)                              | What I Like                          | Family Biz                 | Ned's School               |
|               | 552 | 543 | 20 YTV   | iCarly                                                                         | To Be Indie                               | iCarly                                          | Fries That?                                     | Malcolm-Mid.                                    | Hates Chris                          | 8 Simple Rules             | What I Like                |
|               | 557 | 541 | 39 FAM   | Han, Montana                                                                   | Wizards-Place                             | Sonny Chance                                    | Zack & Cody                                     | Overruled!                                      | Han, Montana                         | Wizards-Place              | Latest Buzz                |
|               | 555 | 545 | 67 TOON  | Jimmy Two                                                                      | Johnny Test                               | Scooby-Doo                                      | Total Drama                                     | 6TEEN                                           | Futurama                             | King of the Hill           | American Dad               |
|               | 575 | 583 | 11 CMT   | According-Jim                                                                  | Home Improve.                             | Home Improve.                                   | Shaye: This Is It                               | Amer. Funniest Home Videos                      | Reba                                 | Reba                       | Reba                       |
|               | 553 | 546 | 17 TREE  | Little Bear                                                                    | Maggie-Beast                              | Babar                                           | Zigby                                           | Max & Ruby                                      | Dragon (DVS)                         | Backyardigans              | Ni Hao, Kai-Lan            |
|               | 505 | 398 | 19 TWN   | (5) EarthWatch One                                                             | EarthWatch One                            | Supernanny                                      | Dine With Me                                    | Good Naked                                      | How to Look Good Naked               | Look Good                  | Look Good                  |
|               | 602 | 568 | 23 W     | House-Sell                                                                     | House-Sell                                | Supernanny                                      | Dine With Me                                    | Good Naked                                      | How to Look Good Naked               | Look Good                  | Look Good                  |
|               | 521 | 560 | 24 TLC   | Happy Family                                                                   | Happy Family                              | Little Couple                                   | Little Couple                                   | Cake Boss                                       | Happy Family                         | Happy Family               | Little Couple              |
| sports        | 603 | 561 | 25 FOOD  | The F Word (N)                                                                 | Good Eats                                 | Good Eats                                       | Restaurant Makeover                             | Diner, Drive-In                                 | Unwrapped                            | The F Word                 | The F Word                 |
|               | 615 | 520 | 26 A&E   | Psychic Kids: Paranormal                                                       | Paranormal                                | Paranormal                                      | Celebrity Ghost Stories                         | (10:01) Criminal Minds                          | Psychic Kids                         | Psychic Kids               | Psychic Kids               |
|               | 617 | 522 | 32 SHOW  | Trailer Park                                                                   | Relic Hunter                              | Relic Hunter                                    | Material Obsession (2008, Suspense)             | Nicholle Tom.                                   | Drp Dead Diva                        | Drp Dead Diva              | Drp Dead Diva              |
|               | 601 | 562 | 33 SLICE | Party Mamas                                                                    | Wedding SOS                               | Wedding SOS                                     | Wedding SOS                                     | ET Canada                                       | What Happen?                         | Real Housewives of Jersey  | Housewives                 |
|               | -   | 633 | 34 ENC2  | Inconvenience                                                                  | (7:20) Anything for Love *** (1993)       | Anything for Love *** (1993)                    | Penn & Teller Get Killed *** (1989, Comedy)     | Where the Buffalo Roam ***                      | Where the Buffalo Roam ***           | Where the Buffalo Roam *** | Where the Buffalo Roam *** |
|               | 520 | 505 | 35 DISC  | Destroyed                                                                      | Destroyed                                 | License to Drill (N)                            | Daily Planet                                    | Destroyed                                       | Destroyed                            | License to Drill           | License to Drill           |
|               | 620 | 523 | 36 BRAVO | Jessy Norman                                                                   | Jessy Norman's life.                      | License to Drill (N)                            | Law & Order                                     | Without a Trace                                 | Without a Trace                      | Without a Trace            | Without a Trace            |
|               | 294 | 650 | 40 WPCB  | Law & Order: SVU                                                               | Jerry Maguire *** (1996, Romance-Comedy)  | Tom Cruise, Cuba Gooding Jr.                    | Penn & Teller Get Killed *** (1989, Comedy)     | Where the Buffalo Roam ***                      | Where the Buffalo Roam ***           | Where the Buffalo Roam *** | Where the Buffalo Roam *** |
|               | 626 | 547 | 41 COM   | Just for Laughs                                                                | Air Force                                 | 22 Minutes                                      | Comer Gas                                       | Name Is Earl                                    | The Simpsons                         | South Park                 | Jeff Dunham                |
|               | -   | 539 | 42 TCM   | The Informer                                                                   | (7:45) In Which We Serve **** (1942, War) | Noel Coward, John Mills.                        | MANswers                                        | MANswers                                        | MANswers                             | MANswers                   | MANswers                   |
| family        | 628 | 584 | 43 SPIKE | MANswers                                                                       | MANswers                                  | MANswers                                        | MANswers                                        | MANswers                                        | MANswers                             | MANswers                   | MANswers                   |
|               | 522 | 516 | 45 HIST  | Ancients Behaving Badly                                                        | Ancient Discoveries                       | Ancient Discoveries                             | Cities of the Underworld                        | Pawn Stars (N)                                  | Pawn Stars (N)                       | Ancients-Badly             | Lost                       |
|               | 627 | 528 | 46 SPACE | Medium (HDTV)                                                                  | Fringe                                    | Fringe                                          | Star Trek: Next Gener.                          | Star Trek: Next Gener.                          | Star Trek: Next Gener.               | Star Trek: Next Gener.     | Star Trek: Next Gener.     |
|               | -   | 47  | 47 AMC   | (6) Pitch Black ** (2000, Science Fiction)                                     | The Devil's Brigade ** (1968, War)        | William Holden, Cliff Robertson, Vince Edwards. | Rescue Ink                                      | Dog Whisperer                                   | End of Leash                         | End of Leash               | End of Leash               |
|               | 619 | 525 | 49 TROP  | End of Leash                                                                   | Last 10                                   | Parking Wars                                    | Parking Wars                                    | Million Dollar Listing                          | Million Dollar Listing               | Million Dollar Listing     | Million Dollar Listing     |
|               | 600 | 564 | 50 HGTV  | Genevieve                                                                      | Genevieve                                 | House Hunters                                   | House Hunters                                   | Headline                                        | Commodities                          | Squeeze Play               | Missing "Cut"              |
|               | 501 | 391 | 52 CTV   | CTV News Tonight                                                               | CTV News                                  | CTV News                                        | CTV News                                        | CTV News                                        | CTV News                             | CTV News                   | CTV News                   |
|               | 504 | 508 | 70 BNN   | Squeeze Play                                                                   | Business News                             | Commodities                                     | Market Call Tonight                             | Headline                                        | Commodities                          | Squeeze Play               | Missing "Cut"              |
|               | 526 | 507 | 92 VIVA  | The Closer (Part 1 of 2)                                                       | Cold Case "The Woods"                     | Cold Case "The Woods"                           | Psychic Inv.                                    | Ghostly Enc.                                    | Judging Amy                          | Judging Amy                | Judging Amy                |
|               | 269 | 350 | 93 APTN  | Fish Out of                                                                    | Mixed Blessing                            | Rabbit Fall                                     | Cashing In                                      | Commando ** (1985, Action)                      | Arnold Schwarzenegger.               | Fish Out of                | Fish Out of                |
| cable variety | -   | 48  | 48 MCP   | World News                                                                     | News                                      | Sewing Maid                                     | Bossy Over Flo                                  | Il Cafe                                         | In Germany                           | Euromaxx                   | Schauaplatz                |
|               | 571 | 580 | 100 MMM  | I Want to Work for Diddy                                                       | Entourage                                 | Wild 'n Court                                   | mmtop10.ca                                      | I Want to Work for Diddy                        | Entourage                            | Entourage                  | Entourage                  |
|               | 570 | 581 | 101 MM   | MuchNews: Top Shockers '09                                                     | disBAND                                   | Love Court                                      | mmtop10Demand                                   | Pimp My Ride                                    | My Own                               | disBAND                    | disBAND                    |
|               | 581 | 566 | 102 MTV  | 16 and Pregnant                                                                | Teen Mom                                  | Teen Mom                                        | MTV Live                                        | After                                           | The Real World "D.C."                | Teen Mom                   | Teen Mom                   |
|               | -   | 116 | 116 TVF  | Eurocivilities                                                                 | Acoustic                                  | Acoustic                                        | TVF Live                                        | Journal                                         | Journal                              | Journal                    | Journal                    |
|               | -   | 117 | 117 TVF  | Eurocivilities                                                                 | Acoustic                                  | Acoustic                                        | TVF Live                                        | Journal                                         | Journal                              | Journal                    | Journal                    |
|               | -   | 118 | 118 TVF  | Eurocivilities                                                                 | Acoustic                                  | Acoustic                                        | TVF Live                                        | Journal                                         | Journal                              | Journal                    | Journal                    |
|               | -   | 119 | 119 TVF  | Eurocivilities                                                                 | Acoustic                                  | Acoustic                                        | TVF Live                                        | Journal                                         | Journal                              | Journal                    | Journal                    |
|               | -   | 120 | 120 TVF  | Eurocivilities                                                                 | Acoustic                                  | Acoustic                                        | TVF Live                                        | Journal                                         | Journal                              | Journal                    | Journal                    |
|               | -   | 121 | 121 TVF  | Eurocivilities                                                                 | Acoustic                                  | Acoustic                                        | TVF Live                                        | Journal                                         | Journal                              | Journal                    | Journal                    |

**critics' corner**

**How to Look Good Naked Canada**

We now have our own home-grown edition of the popular reality series in which women unhappy with their bodies learn to be comfortable in their own skin. Hosted by former "etalk" reporter Zain Meghji, each episode chronicles the journey of one woman as she learns to stop focusing on her flaws and love her body. 11 PM on W



**License to Drill**

In the tradition of "Deadliest Catch" and "Ice Road Truckers," comes this new series about natural gas drilling crews — one on an island in the Arctic Ocean and one in northern British Columbia. The weather is severe, the work is dangerous, and the time to get it done is limited, but these folks seem to thrive on the challenge. 8 PM on DISC

**NCIS: Los Angeles**

A petty officer's death leads the team to a teenager in Sam's (LL Cool J) life who may have a connection to terrorist activity. Hetty is concerned about the effect that the workload has on the team. Peter Cambor and Daniela Ruah also star in the new episode "Breath." 10 PM on CICT KREM





Though they're not openly acknowledging their reported romance, Chris Pine and actress Olivia Munn definitely looked "on" at The Woods in Los Angeles. The casually dressed couple held court in the back of the dimly-lit bar, people.com reports. **METRO NEWS SERVICES**

**Man, I'd take out a full page ad**

## Celebrity Buzz

# Beatty denies Lothario label in new bio

**MEANWHILE, ON JERSEY SHORE, THERE HAVE BEEN REPORTS OF IMPROMPTU BEATY SHRINES** Warren Beatty's legendary gold crown for womanizing is about to get some added polish, with this week's publication of Star: How Warren Beatty Seduced America — though the 72-year-old star has already issued a statement through his attorney to refute the book's claims, people.com reports.

"Using simple arithmetic," author Peter Biskind calculates, accord-

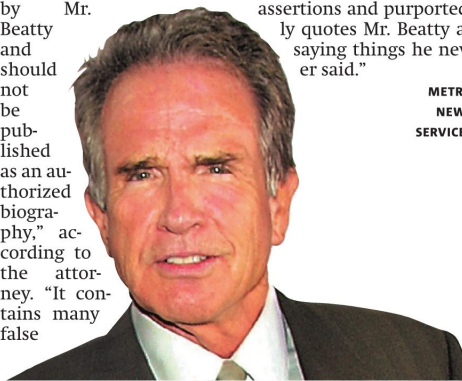
ing to New York Post, Beatty bedded "12,775 women, give or take, a figure that does not include daytime quickies, drive-bys, casual gropings, stolen kisses and so on."

But in a statement to the Huffington Post, Beatty's attorney, Bertram Fields, denies that the book — which the Post reported was authorized — was, in fact, sanctioned by the actor.

"Mr. Biskind's tedious and boring book on Mr. Beatty was not authorized

by Mr. Beatty and should not be published as an authorized biography," according to the attorney. "It contains many false

assertions and purportedly quotes Mr. Beatty as saying things he never said."



**METRO NEWS SERVICES**

# Spice Girl regrets her tattoos

**SPOTTY SPICE** Mel C regrets having tattoos, femalefirst.co.uk reports. The former Spice Girls singer admits she finds it difficult to go unrecognized, particularly when on holiday, because her 11 pieces of body art are so distinctive.

She said: "I do regret a bit having them done. Especially when I'm on the beach. Or when I'm hoping to be incognito and I can't take my coat off in the sweltering heat because everyone will know it's me when they spot them."

**METRO NEWS SERVICES**



## Celebrity tweets

**Rivers Cuomo** is arguing semantics, **Kylie Minogue** has big plans for 2010, and **Lindsay Lohan** is resolute.

\* **@riverscuomo** The expression "gays and lesbians" doesn't make sense because lesbians are gay.

\* **@kylieiminogue** Some of my NY resolutions are .. to live with full emotion, to follow my heart, to love love love, to be healthy, positive and creative.... AND make my 11th studio album one you will all \*!o\*v\*e\*!!!!

\* **@lindsaylohan** To answer everybody's question...My new years resolution is to stop letting the lucky few that have my heart try constantly tear me down.

**METRO NEWS SERVICES**



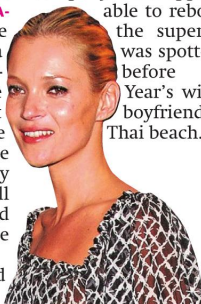
# Kate cites 'overindulgence' as reason for missed flight

**HER 7-YEAR OLD DAUGHTER NOW OFFICIALLY MORE MATURE** Kate Moss paid quite the price for missing a flight the day after Christmas. She and three friends reportedly lost \$32,000 US worth of plane tickets to Thailand because she'd overindulged the day before on "turkey and all the trimmings, booze and Christmas pud," a source tells the Daily Mirror.

Fortunately, Moss and

company were apparently able to rebook, as the supermodel was spotted just before New Year's with her boyfriend on a Thai beach.

**METRO WORLD NEWS**



# Nordegren's \$300M Christmas bounty?

**I JUST STOPPED FEELING SORRY FOR HER** Elin Nordegren is reportedly enjoying at least one part of her separation from husband Tiger Woods. When asked what Woods got her for Christmas, Nordegren reportedly said, "Three hundred million dollars, thank you very much," according to News of the

World. Sources say it shows she's not interested in reconciling with the golf pro. "She's 100 percent determined to split with Tiger," a source tells the newspaper.

**METRO WORLD NEWS**



# Boyle dishes on Cowell crush

**SORRY, SUSAN, YOU'D HAVE TO SHARE HIM WITH HIS EGO** Susan Boyle is looking for love in 2010, dedicating the whole year to finding herself a worthy partner — and she wants him to be like Simon Cowell, femalefirst.co.uk reports. The single 48 year old, who claims never to have been kissed, shot to fame last year and subsequently turned down the chance to look for love on a TV dating show, following a string of offers from producers.

But Boyle admits she's determined to fill the new year

with romance, and will spend her time searching for her perfect companion.

She tells Britain's News of the World newspaper, "I now dream about the perfect man. Women just want the security of a nice man and somebody to love you."

When asked what she is looking for in a partner, Boyle admits she has a liking

for her Britain's Got Talent mentor, Simon Cowell.

She adds, "I owe so much to him. He knows I have a soft spot for him. Simon (is) my kind of (man)."

**METRO NEWS SERVICES**



# Sheen's mother-in-law confirms death threats

**GUESS WHO'S NOT COMING TO DINNER?** Despite claiming in a 911 call Christmas morning that Charlie Sheen tried to kill her, Brooke Mueller may be trying to work things out with the actor, 44, us-magazine.com reports.

"She hasn't spoken with him," Mueller's mother, socialite Moira Fiore, tells E! News. "But she wants to reconcile with him."

Although she suspects the two are trying to work things out, "I have mixed emotions about it," Fiore says, adding that Mueller, 32, "won't listen" to what she has to say on the mat-

ter. In Mueller's Dec. 25 911 call, she alleged that Sheen told her, "Your mother's money means nothing, I have ex-police I can hire who know how to get the job done (kill her) and they won't leave any trace."

Fiore says she'd "rather not comment" on whether she feels comfortable leaving Sheen and Mueller's 10-month-old twins, Bob and Max, alone with the actor. The twins are currently with Mueller in Aspen, where she plans to stay until the end of the month.

Yesterday's 10:30 a.m. court date between Mueller and Charlie Sheen's lawyers had been postponed due to scheduling conflicts.

**METRO NEWS SERVICES**



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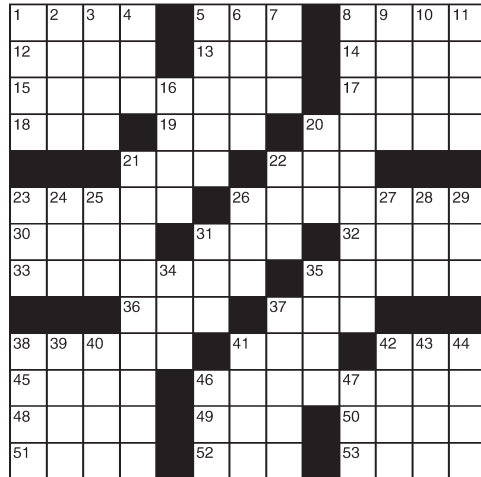




**Andrew Schultz, Meteorologist – Breakfast Television**

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WEEKDAYS AT 6 A.M.



**ACROSS**

- 1 Anthropologist Margaret
- 5 Gullible one
- 8 Doorframe piece
- 12 Killer whale
- 13 Sine — non
- 14 "Birthplace of Aviation"
- 15 England's Uncle Sam
- 17 "— Free"
- 18 Sugar suffix
- 19 Disencumber
- 20 Vessel in icy waters
- 21 Poke
- 22 Snapshot
- 23 Noble title
- 26 Black leopard
- 30 Baldwin or Guinness
- 31 Enjoyment
- 32 "The Music Man" setting
- 33 Mr. Pike of peak fame
- 35 Clan emblem
- 36 Bagel topping
- 37 Coffee break hour
- 38 Summarize

- 41 "Indeed"
- 42 Adversary
- 45 Smell
- 46 Riding breeches
- 48 Pickle flavor
- 49 Toss in
- 50 Break suddenly
- 51 Remain
- 52 Festive
- 53 One way to stand by

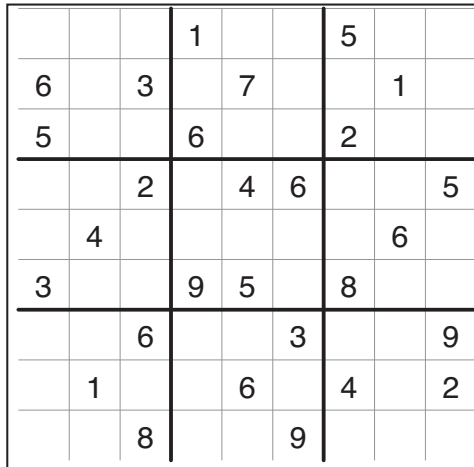
**DOWN**

- 1 Voodoo charm
- 2 Cupid's alias
- 3 Rue the run
- 4 Newsmen
- 5 Filler news item
- 6 "— Lang Syne"
- 7 Chum
- 8 Form of protest at work
- 9 "Hey, swabbie!"
- 10 Actress Sorvino
- 11 Hit on the noggin
- 16 Cereal choice
- 20 Family
- 21 In a playful way
- 22 Skillet
- 23 Movie director Luhrmann
- 24 Hearty brew
- 25 Confederate soldier
- 26 Play on words
- 27 Spicy
- 28 One of a lamb's parents ...
- 29 ...and the other
- 31 "Family Guy" network
- 34 Prune
- 35 New Age musicmaker John
- 37 Cohort of George, Tom and Abe
- 38 Scepters
- 39 Tend texts
- 40 Pop flavor
- 41 Luke's mentor
- 42 Treasury
- 43 Exam format
- 44 Catch sight of
- 46 Binge
- 47 Omega precursor

**Sudoku**

For more/less challenging Sudoku puzzles, visit [metronews.ca](http://metronews.ca)

**HOW TO PLAY:** Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



**PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:**



|   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|
| 2 | 1 | 3 | 5 | 6 | 9 | 4 | 7 | 8 |
| 4 | 6 | 5 | 3 | 7 | 8 | 1 | 9 | 2 |
| 9 | 7 | 8 | 1 | 2 | 4 | 5 | 3 | 6 |
| 5 | 4 | 6 | 7 | 9 | 1 | 8 | 2 | 3 |
| 1 | 8 | 9 | 4 | 3 | 2 | 7 | 6 | 5 |
| 7 | 3 | 2 | 8 | 5 | 6 | 9 | 4 | 1 |
| 3 | 9 | 7 | 2 | 8 | 5 | 6 | 1 | 4 |
| 8 | 2 | 4 | 6 | 1 | 7 | 3 | 5 | 9 |
| 6 | 5 | 1 | 9 | 4 | 3 | 2 | 8 | 7 |



**Horoscopes by Sally Brompton [sallybrompton.com](http://sallybrompton.com)**

For Sally's expanded daily and weekend horoscopes, visit [metronews.ca](http://metronews.ca)

**ARIES**  
MARCH 21-APRIL 20  
Your mind is a powerful tool and if you think only positive thoughts today something remarkable is sure to happen.

**TAURUS**  
APRIL 21-MAY 21  
Someone from a different background or with a different outlook on life will make a big impression on you today.

**LIBRA**  
SEPT 23-OCT 23  
There is no point signing up for something you are unlikely to enjoy, so be brave and say No when asked to get involved in an activity you have no interest in.

**SCORPIO**  
OCT 24-NOV 22  
Today's Venus-Mercury link means you can charm the birds from the trees. Even rivals and enemies will be well disposed to you over the next 24 hours.

**GEMINI**  
MAY 22-JUNE 21  
Other people will respond well to you today, so well in fact that you may be tempted to ask for something you would not expect to get at any other time.

**SAGITTARIUS**  
NOV 23-DEC 21  
You don't lack for courage and confidence but if you are going to be successful in your endeavors you need a third ingredient: common sense.

**CANCER**  
JUNE 22-JULY 22  
You will have to deal with a relationship issue today, but as Mercury and Venus join forces in your opposite sign the omens are good that you can work it out.

**CAPRICORN**  
DEC 22-JAN 20  
It does not matter how busy you may be at the moment, you must find time to have fun. Your sign urges you to get out into the world.

**LEO**  
JULY 23-AUG 23  
Don't let other people's criticism get you down. The only reason they are having a go at you is because they envy your abilities.

**AQUARIUS**  
JAN 21-FEB 18  
There is someone you want to get close to, maybe for romantic reasons or maybe because you believe they can help with your ambitions.

**VIRGO**  
AUG 24-SEPT 22  
There is good in everybody, no matter how disagreeable some people may seem when you first meet them. What happens today will convince you of that.

**PISCES**  
FEB 19-MARCH 20  
Try to keep your aims within reason, because if you allow a flight of fancy to carry you away it could be a considerable blow to your ego.

**Take Five**

**Metro Recipe of the Day**



**Family Shepherd's Pie**

**INGREDIENTS:**

- 1 lb (500 g) lean ground beef
- 1 onion, finely chopped
- 1 large carrot, peeled and grated
- 1 celery stick, finely chopped
- 1 tbsp (15 ml) tomato paste
- 1 tsp (5 ml) Worcestershire sauce
- 1 tsp (5 ml) mixed herbs
- 1 1/3 cups (325 ml) hot beef stock
- 1 tbsp (15 ml) all-purpose flour
- 2 lb (1 kg) potatoes, peeled and cut into chunks
- 63/4 tbsp (100 ml) 1% milk, warmed
- 2 tbsp (25 ml) butter

**METHOD:**

1. Heat large, heavy-based pot until hot, then add ground beef and vegetables; fry, stirring occasionally to break up lumps, until lightly browned all over.

Meanwhile, stir tomato paste, Worcestershire sauce and mixed herbs into stock. Sprinkle flour over beef and vegetables. 2. Stir stock into ground meat. Bring to boil, then reduce heat, cover and cook gently 15 minutes. Season to taste. 3. Meanwhile, cook potatoes in boiling water until tender. Drain then mash with warmed milk and butter. Season. Preheat broiler to medium. 4. Spoon meat mixture into large, warm ovenproof dish. Spread mashed potatoes over top and fluff with fork. Put under broiler to brown lightly and crisp top.

**SERVES 4**

**rd.ca**

For nutritional information on this and other great recipes, go to [rd.ca](http://rd.ca) or check out Key Ingredients in this month's Reader's Digest, on newsstands now!



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**This day in history**

- 1914: The Ford Motor Company announces an eight-hour workday and a minimum wage of \$5 for a day's labor.
- 1976: Cambodia is renamed Democratic Kampuchea by the Khmer Rouge.
- 1993: Washington state executes Westley Allan Dodd by hanging (the last legal hanging in America).
- 1996: Hamas operative Yahya Ayyash is killed by an Israeli-planted booby-trapped cell phone.
- 2005: Eris, the largest known dwarf planet in the solar system, is discovered by the team of Michael E. Brown, Chad Trujillo, and David L. Rabinowitz using images originally taken on October 21, 2003, at the Palomar Observatory.

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